

VITAL SIGNS



VOL II No. 7 Naval Regional Medical Center, Orlando, Florida

1 April 1980

Construction report

It's almost "key day!"

By LCDR Robert E. Elster, MSC, USN, Medical Construction Liaison Officer

It appears as if the time for another "progress report" on the hospital construction has arrived. Since my last article in October, a few more changes have occurred in the occupancy schedule which bear reporting. I also want to talk about a few more equipment features that are of general interest.

As you have undoubtedly noticed, the exterior of the building is appearing more and more complete. The windows are all installed and their watertight integrity will be tested shortly. The sprinkler system around the building has been installed and is operational. Sod and some landscaping plants have been put in and should be well-established by the summer. As the accompanying photos will illustrate, work is also progressing well on the interior, although much still remains to be completed.

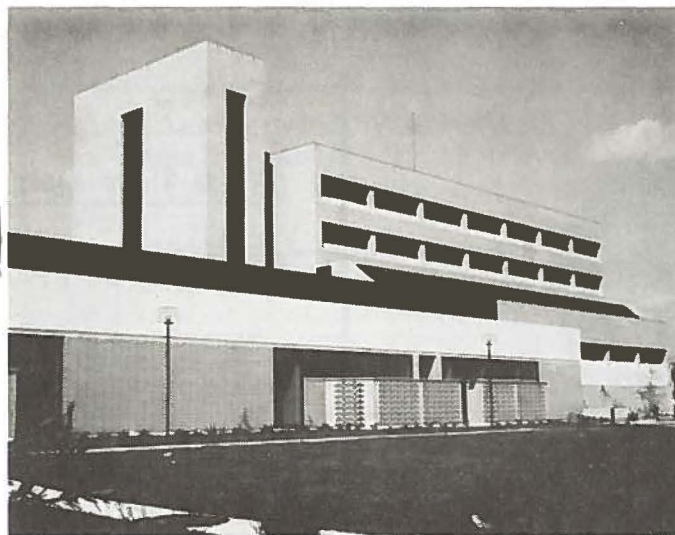
I promised last time to discuss some of our considerations in arranging the

move into the new building. Based on experience from several previous moves at NRMHC's in Memphis, Camp Pendleton, Pensacola, and New Orleans, a minimum time of 90 days was established. By contractual

agreement with the building construction company, we thus have 90 calendar days from the time he turns over the keys to the building until he may start demolition of the old buildings progressing in stages from the west end of the compound. During this "move in" period, many things will be occurring: (1) many Navy-purchased systems will be installed and tested and the users trained, i.e., the dictation systems, tele-

phones, ICU/CCU monitoring gear, the radio systems, security televisions, etc.; (2) new automated chemistry and other lab equipment will be installed and tested, and the machinery will run samples for about two months to establish normal values and to train technicians; (3) similar trial and training runs will be done on the new radiology equipment; (4) new fur-

(Continued on Page 4)



Her Majesty!

Welcome aboard!

Captain Lois E. Nickerson, NC, reported aboard on 14 March 1980 to assume the duties as Director of Nursing Services.



Captain Nickerson has been a member of the U.S. Navy Nurse Corps since November 1957 and has served at duty stations world-wide. Her first duty station was at the Naval Hospital, Bethesda, followed by duty at Charleston, Naples, Italy, and a tour of recruiting in Seattle. The Captain then attended the Counter-Insurgency course at Coronado prior to serving at the Naval Hospital, Danang.

Captain Nickerson has also served at the Naval Hospitals at Pensacola and Philadelphia. Prior to reporting here, Captain Nickerson was the Chief of Nursing Service at the Naval Hospital, Annapolis.

Captain Nickerson has been awarded the Navy Commendation Medal with Combat V and with star for second award, the Navy Unit Commendation, the National Defense Service Medal with two stars and the Republic of Vietnam Campaign Ribbon.

Whooizzit???



DO YOU KNOW THIS STAFF MEMBER? (Answer on Page 8.)

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Construction report

(Continued from Page 1)
 niture for virtually all spaces will be put in place, which in many cases will mean extensive assembly; (5) draperies, art work, and other items will be installed by manufacturers and by our public works people; and (6) anything else which needs to be done. Believe me, these tasks will take every minute of the 90 days to get done, and then some. Orientation tours of the new facility for the various area organizations (e.g., the local medical societies, local hospital officials, etc.) and for the local fire and police departments which provide assistance to us in emergencies must also be done in this time frame.

In a summary table, the move is estimated to progress as follows:

Key Day (estimated between 15 May and 15 June): Contractor turns over the keys to the Navy; 90 day time clock starts.

Key Day + 30: Galley and dining hall operational in new building; morgue in new building.

Key Day + 40: Laboratory's new equipment installed and operating; X-ray orienting technicians to new equipment.

Key Day + 60: Material management division to begin operating in new spaces.

Key Day + 88-90: Move clinic records from old to new locations.

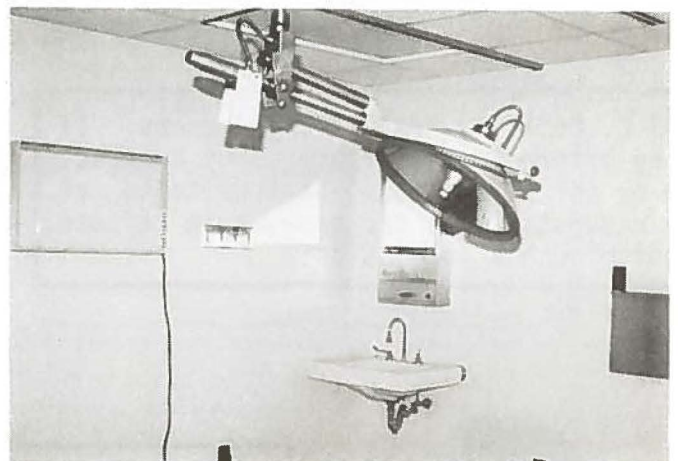
Key Day + 90: Begin operation in new building; move in-patients from old buildings to new.

Thus, we now estimate our actual move-in to occur between 15 August and 15 September. Without being too facetious, those dates are subject to change without notice.

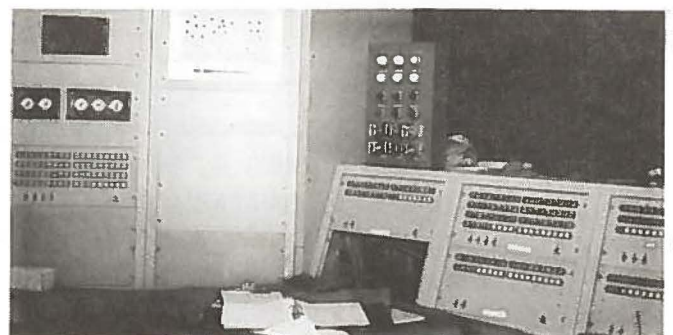
In previous articles, I have described some of the contractor-supplied equipment that will be in the new build-



Corner of the Lab



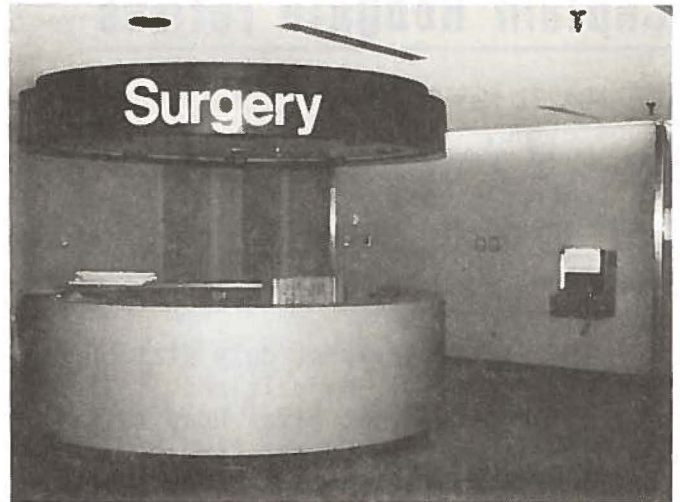
ER treatment room



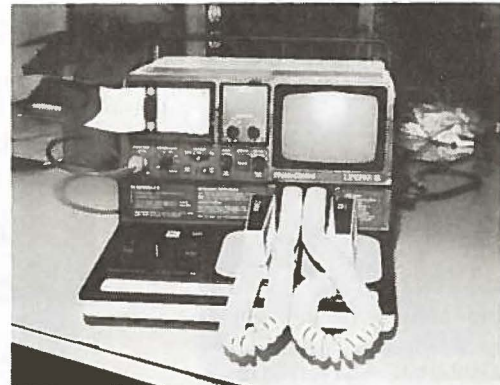
Communications Center

ing; equally important are the systems bought directly by the Navy. We will be moving in with brand new defibrillator/monitors in all areas, the Life Pak 6 units from Physio Control Corporation. The Life Pak 6's are battery or wall-powered, and the defibrillator and monitor modules can operate separately as well as mated together; a diagnostic-quality 3-channel EKG can be run from this machine as well as a simple-channel tracing. The present radio and paging networks will be expanded, and three new frequencies are being added. We will be able to talk on the NTC fire and NTC security frequencies as required, a great help to us since the NTC security network is the assigned disaster network; additionally, the hospital emergency room and two ambulances will be equipped with the EMS (Emergency Medical Services) radio network which will allow transmitting of EKG's by radio from the ambulances to our ER or to any other hospital equipped with EMS radio. The ICU/CCU patient monitoring will be a significant step above the present system; it will have, among other features, a small computer which will look at the EKG of each patient, recognize and count the ectopic beats and sound an alarm if any of a variety of parameters are exceeded. The new patient food delivery carts made by 3M are designed to move refrigerated food, already pre-plated, from the kitchen to the small galleys on each nursing unit. Carts are then plugged into a control unit's electrical outlet which heats only the food on a special plate and in a soup bowl; other items on the tray remain cool. The process takes a maximum of 18 minutes for the 24-tray cart. Patient beds will be the Model 840 from Hill-Rom. They are 3-function electric beds with a variety of special features to enhance patient comfort and safety. New orthopedic equipment has been purchased to fit onto these new beds, which shorten as the head is elevated.

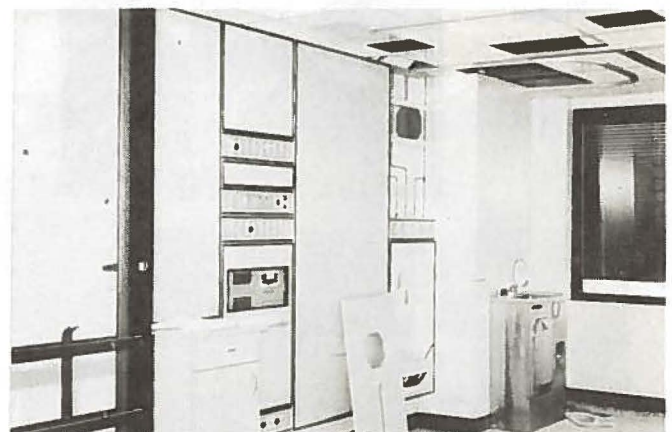
I hope to provide some more concrete data to you by the June issue on our move-in dates and some of the opening festivities planned to celebrate our "step-up" into the brand new facility.



Clinic check-in desk



Life Pak 6 unit



ICU room



Captain Redgate retires

On 31 March 1980, Captain Janet M. Redgate, NC, USN, was retired from the U.S. Navy after completing over 27 years of honorable service. Captain Redgate has served as the Director of Nursing Services for NRMC Orlando since June 1975.

The Captain's first duty station was the Naval Hospital, Mare Island, followed by a tour of duty at Naval Hospital, St. Albans. Captain Redgate then served at the Naval Air Station Dispensary, Barbers Point, Hawaii. After a tour at the Naval

Hospital, Chelsea, the Captain attended the University of Minnesota, where she received her Bachelor of Science Degree in Nursing Administration. Upon graduating, she was assigned to the Naval Hospital San Diego. She then attended the University of Colorado followed by the Catholic University in Washington, DC., where she received her Masters Degree in Nursing Administration. Captain Redgate also served at the Naval Hospital, Oakland, Naval Hospital, Subic Bay, and the Naval Regional Medical Center, Camp Lejeune.



**Capt Zimble presents
Retirement Certificate**



**...2nd award Navy
Commendation Medal**



Parting remarks

**Cdr Marcotte
presents
Plank Owner
Plaque**



**Duty Station Plaque from the staff
presented by C/MC R. C. Clements**



**The cutting of the cake assisted by
Cdr Loar and Capt Zimble**

HMCM Calicott retires

On 31 March 1980, HMCM William K. Calicott, USN, was retired after completing over twenty-three years of honorable service. Master Chief Calicott served as NRMC Orlando's Chief, Security Service, since reporting here in June 1976.

Master Chief Calicott's career has been liberally sprinkled with Marine duty including the 1st Marine Division, FMF, Pacific, the 2nd Marine Division, FMF, Atlantic and the 3rd Marine Division, FMF,

Pacific. He also served at the Marine Corps Automated Services Center in Kansas City. Other duty stations include the Naval Ammunition Depot in Crane, Indiana, the USS PROTEUS (AS-19), and the USS MEEKER COUNTY (LST-980). Master Chief Calicott served at NRMC Charleston prior to reporting to Orlando.

Master Chief Calicott plans to remain in the Orlando area and will be pursuing a new career in law enforcement.



Capt Zimble presents Fleet Reserve Certificate



... Certificate for Mrs. Calicott



... Navy Commendation Medal



C/MC Clements delivers personal letter from HMCM S.W. Brown, Dir., Hospital Corps



Parting remarks



Piped over



Chaplain's Comments

By CDR W. E. Tumblin, CHC, USN

Do you hear what I hear?

Sung at Christmas, one of my favorite carols asks this question. It is a question worth asking. Checking out what people are hearing is vital. No matter how well anyone may try to play "possum," ears pick up a lot. Also, we may listen intently yet miss something vital. And sometimes surprising things. All good teachers know this and build into instruction opportunity for listening to students.

A little girl in Sunday School was wondering how God could make the whole world with only his left hand. The teacher asked why she thought that. "Why, he had to," the little girl replied, "because the minister said that Jesus sat down on his right hand."

Every hearer brings him/herself to the task of listening. This seeming simple observation is continually denied, however. It's not easy to stay in touch with yourself. What complicates the process is the uneasiness many feel about their-selves. Uneasiness about who you are, who you have been, and who you want to be, produces distracted listeners. We may have the organs of hearing but not be able to confront the import of what is spoken to us.

Consultation in medical practice is one good way of avoiding the consequences of a single viewpoint (or earpoint). When in doubt, ask for another opinion. We all could benefit from honest appraisals from others. About ourselves. About our performance. Norman Vincent Peale has observed, however, that "The trouble with many of us is that we would rather be ruined by praise than saved by criticism."

God addresses us through his Word. Not our ears, but our souls. Blessed is the person who hears God's Word. Just don't be too surprised from whom it may be spoken. So, listen up!

... From the other side!

By HM2 S. P. Foster, USN

Clinical Assistant Program

The shortage of primary care physicians is a well known situation in all services. In order to deal with this situation, several Naval Regional Medical Centers have taken the initiative to implement programs utilizing hospital corpsmen to ease the effects of this shortage.

In November 1973, NRMC Portsmouth incorporated into their Naval Regional Ambulatory Care System (NAVREACS) an efficient triage and patient sorting system using corpsmen as physician extenders.

NRMC Jacksonville, in July 1974, facilitated the use of a triage desk for people without appointments. The corpsmen, staffing this desk, had received 8 weeks of training and were called NAMICISTS (a name derived from the Navy Acute Minor Care Clinic).

This concept reached NRMC Orlando on 14 May 1976 when the first Clinical Assistant class convened. Since then, there have been 7 classes. Each class receives 5 weeks of classroom instruction as well as practical experience. The program is supervised by Captain J. B. Boorstin, MC, and CW02 Ronald Woodruff, Physician Assistant, is the Coordinator as well as one of the Instructors.

The curriculum consists of classes taught by physicians of various specialties encompassing the basic fundamentals in physical examination, diagnosis and treatment.

The Clinical Assistant Program has produced conscientious, dedicated professionals whose expertise has enabled NRMC to provide high quality patient care. The next class is scheduled for this May. Watch the POD for the announcement and instructions on applying for the program.

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NURSING**SERVICE**

By CDR N. J. Stewart, NC, USN

A Better Today

I've been accused of running off at the pen by my cohorts in the newspaper business and have been asked by those staff members to limit my work at least to one column for this month. In order to accommodate the requestors, I'm going to publish, "A Better Today" by William Arthur Wards.

"One way to make each day a far better day is to take a personal inventory. All you need is a pencil, a sheet of paper, and a 15 minute period of self examination at the beginning of the day.

"Regardless of the difficulty of the problems facing you today, you can prepare for them much better by writing a few simple statements and then completing them. Here are the statements, and a suggested way to complete them. Of course, you should complete them in your own way, in your own words.

"I'M EXCITED ABOUT: I'm excited about being alive, having a job to do, a responsibility to fulfill, and a worthy goal to work toward.

"I'M GRATEFUL FOR: I'm grateful for health, family, country, love, friends, opportunities, and for having learned to write my troubles in the sand.

"I'M INTERESTED IN: I'm interested in the mysteries of the universe, the people I will meet today, the miracles of nature, and how I can bring about peace in my special corner of the world.

"I'M COMMITTED TO: I'm committed to a life of integrity, honesty, fair play, a faith that sustains, my church, my organization, and above all, my God.

"I'M CONFIDENT OF: I'm confident of the importance of my job, the wisdom of looking for the very best in every person, the value of enthusiasm, and the eventual triumph of right over wrong."

Walk-A-Thon-er**We're proud of you, Nancy!**

Mrs. Nancy Lawson, Clinical Nurse, Nursing Service, accompanied by two of her four children, participated in the 1980 March of Dimes Walk-A-Thon. Foot weary, but determined, they finished the whole route -- would you believe 30 kilometers!

**Nancy Lawson**

Nancy has collected \$560.00 in pledges and the two children, Lolly and David have collected \$15.00. They expect their totals to be higher since some of the people are donating more than they had pledged.

Nancy has been an employee of NRM since April 1973. She works the 3 p.m. to 11 p.m. shift in the newborn nursery.

We're glad you're here!

CAPT L. E. Nickerson, NC, from NavHosp Annapolis

HM1 J. K. Solomon from NAF Midway Isl.

HM3 S. C. Cronkhite from NSHS Portsmouth

HM3 L. E. Smith from AHS Ft Sam Houston

HN E. T. Myers from HCS GLAKES

HN J. R. Nkhereanye from NRM Oaklnd

HN W. D. Singleton from NSHS SDIEGO

HN P. Nerio, III, from NSHS Portsmouth

HN C. Torres from HCS GLAKES

HA E. Lowe from HCS GLAKES

HA H. Perez from FMSS Camp Pendleton

HA J. Villarreal from FMSS Camp Pendleton

HA T. P. Ciesla from FMSS Camp Pendleton

HR G. J. Molly from HCS GLAKES

HR B. Timmins from HCS GLAKES

HR E. R. Owens from HCS GLAKES

HR D. A. Goodman from HCS GLAKES

HR D. S. Lewis from HCS GLAKES

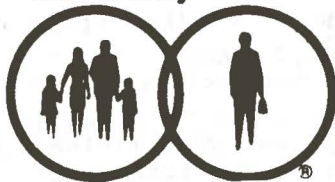
HR N. H. Morrow from HCS GLAKES

HR J. B. Turner from NSHS SDIEGO

HR G. L. Pearson from HCS GLAKES

HR M. A. Kotter from HCS GLAKES

the Family Line



By CAPT C. Victor Romano, MC, USNR

... we DO care!

Today, the Medical Department is faced with a serious shortfall of medical personnel to fulfill its primary mission. This column is not the proper medium in which to relate its causes but I am sure you are well aware of the many reasons. This crisis in medical care has caused many of our highly trained personnel to reconsider their remaining in the Navy. As a married Naval medical officer, with three children, I can understand and sympathize with them; however, I strongly advise all medical personnel not to act in haste only at some future date to repent their decision. We are extremely fortunate to have a Surgeon General, in association with his staff members, working hand in hand with sympathetic members of Congress to improve, not only the pay scale, but living conditions for our enlisted personnel. One individual in particular, Master Chief S. W. Brown, Director, Hospital Corps, is doing everything in his power to aid and assist the enlisted personnel to receive an increase in all benefits they so rightly deserve. Another factor which I hope you will consider, is the many serious problems in which our country finds itself today throughout the world. Patriotism and dedication to one's country is still a feeling that hopefully is having a rebirth due to recent events unfolding in the world. We must all realize that the Medical Department has a tremendous input in whatever may develop militarily in the world for, without our full support in time of possible military action, many lives would be lost. So, be patient, have faith in the persons trying to help us, and let your feelings be known to those influential people who are in a position to help us.

Family Line quotes:

DUTY - HONOR - COUNTRY.

U. S. Military Academy, West Point

LAB LINE

By LCDR J. D. Cotelingam, MC, USNR

NTC Annex Laboratory

The Family Practice Clinic at the NTC Annex (McCoy) provides basic laboratory facilities for some 1500 active duty families.

This Lab is manned by one Laboratory Technician, HM2 Steve Naoum. He is responsible for not only running this small multi-purpose Laboratory which handles some 2,000 specimens per month, but also helps at the Reception Desk, filing records, advising junior enlisted personnel or just helping where needed.

Petty Officer Naoum attended Basic Laboratory School in Oakland and was then assigned to MCAS, El Toro, California. He arrived in Orlando in April 1977 and initially worked in the main Laboratory. He was assigned to the Family Practice Clinic Laboratory in August 1979.

His wife, Diane, works for the American Insurance Company in Winter Park. Steve plans to attend the New England School of Embalming in Boston when he has completed his enlistment.



HM2 Steve Naoum



Master Shipwreck

HMCM(SS) R. C. Clements, USN

Maintaining your Hospital Corps

My article for this month is from the January/March 1980 issue of LINK written by HMCM Luchter, the Senior HM Detailer at NMPC.

"Those of you who read this issue of LINK will probably be inundated with many varied reasons why you should reenlist. Incentives such as the STAR and SCORE programs, SRB, VRB, Pro Pay, advanced educational pursuits, exotic duty stations, travel, advancement, etc., will jump out at you. Maybe something will catch your eye or maybe you'll just say, 'It looks like a reprint from before.'

"What then, can be placed into print and circulated concerning available incentives for our Hospital Corpsmen? We can offer a reenlistment bonus of sorts, but that is paid only to our Submarine Medicine Technicians, Special Operations Technicians and Medical Deep Sea Divers. We do have many schools, lots of duty stations, and most other programs. But what makes us 'unique?' What makes a Hospital Corpsman different? What do we have hidden away?

"Most every enlisted person gets something from the Navy:

- If you take a test and score high enough or otherwise are selected, you're promoted.
- If you request a school and are in all respects qualified, you go.
- If your performance is good and you request a guaranteed assignment that is available, you get it.

"What you do in maintaining your Hospital Corps is what we are after. Hospital Corpsman have an 'Esprit de Corps' that is inbred from the moment we graduate from 'A' school. That spirit perm-

eates and pervades whether it be a medical emergency or a routine procedure. Ask any 10 HM's why they reenlisted and you'll probably get 10 different answers. Delve a little deeper and you'll find out that they really like to help people. They like to provide health care. Sure they like all the training they can get and all the money they can get, but it's that feeling of being 'Doc' that stands out. 'Doc' has carved a place that stands alone. A ship can deploy minus a BM or SN - but I've never seen one put to sea without an HM. What other PO1 could advise the CO/XO to abort an operational commitment? What Marine unit goes into an operation without its HM?

"Think about those 'reenlistment incentives' as you finish this LINK. We can put you in a school, station you where you desire, train you and pay you, but you must provide that 'other' incentive."

Blood donor day for civilian employees

The Central Florida Blood Bank will visit NTC on Monday, 21 April, from 0730 to 1600, in the parking lot across the street from the Civilian Personnel Office. All blood given by civilians will be credited to the NAVY CIVILIAN BLOOD BANK. This blood, in turn, is available for the needs of all civilian employees at NTC including non-appropriated fund activities. Donors will be helping the Central Florida Blood Bank keep sufficient blood on hand as well as providing insurance for themselves, their immediate families and fellow workers against the day when they might need blood. When blood is needed, a phone call to your Employee Relations/Development Branch, X4710, is all that is necessary.

Donor requirements: At least 17 years of age, in good health. No upper age limit! Do NOT go without eating for a long period of time before coming to give blood.

If you want to be a donor, contact Civilian Personnel, X4710 or X4514.



ASK THE SKIPPER



By CAPT J. A. Zimble, MC, USN

Q. Why do we have a Sailor of the Quarter Program?

A. In the civilian world, the boss can reward a productive employee with a hefty raise or bonus. That's a marvelous management tool, one which I wish I had the wherewithall to utilize. However, despite the expression, "money talks," in both Mufti World and Navy World pushing green backs is not the only way to say, "Well Done." Wide dissemination of management's recognition of individual achievement throughout the organization doesn't buy gasoline, but it sure says THANKS in capital letters.

The Sailor of the Quarter Program provides such means to appropriately recognize outstanding sustained performance. Those nominated for Sailor of the Quarter appear before a board of Chief Petty Officers where the most well-rounded individual is selected. The competition is keen and the final selection is naturally very difficult. The person selected as NRMC's Sailor of the Quarter then competes with other component command Sailors of the Quarter for recognition as the Naval Training Center's Sailor of the Quarter. At the end of each year, the four NRMC Sailors of the Quarter compete for Sailor of the Year. The person selected as Sailor of the Year is nominated to the Chief, Bureau of Medicine and Surgery, for the Shore Sailor of the Year.

For the first quarter, 1980, HM2 William B. Trimble, USN, has been selected as NRMC's Sailor of the Quarter. Petty Officer Trimble is assigned to the NRMC Annex where he has worked in the Immunization Clinic, Supply Section, and is currently coordinating Medical Board processing and monthly report submission. Petty Officer Trimble exhibits all of those outstanding traits necessary to be selected as Sailor of the Quarter. His sustained performance and correct mili-

tary appearance are attributes for all of us to emulate. Petty Officer Trimble, "THANKS!"



Capt Zimble congratulates Petty Officer Trimble



CRA NOTES



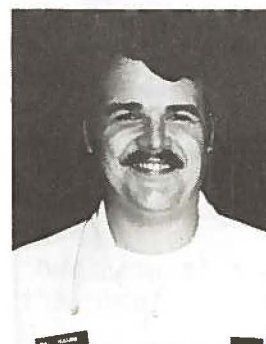
By Joyce Sienia

Beach party coming up!

Thursday, 17 April --- 1630 to 1830. Where? At the Rope Yarn. All hands welcome. \$1.00 per person. SHRIMP or SUBS!

CRA BIRTHDAY GREETINGS TO: Wilson Maddox on 3 Apr; Coke Berryman on 4 Apr; Cheryl Lawson on 7 Apr; Harry Belch on 11 Apr; Regina McKelvy on 13 Apr; Carol Glassmire on 14 Apr; John Lengyet on 18 Apr; Dionisio Aspiras on 19 Apr; Frances Hodges on 23 Apr; Linda Proffitt on 24 Apr; Vernon Ritchie on 25 Apr; and Blondeen Hammons on 17 Apr.

Whooozzit?



It's MM1 Joseph M. Huggins, Security Service. Petty Officer Huggins came to NRMC Orlando from the USS DETROIT in September 1978.

He and his wife, Jane, are expecting their first baby in August. Petty Officer Huggins has been active in the NRMC Bowling League. His other interests include art, music, and theater. He claims Lake City, SC, as his hometown.